

The amounts of fat, saturated fat, and cholesterol in our diets have created a lot of discussion among nutrition and health experts. They recommend we cut back on these dietary components to help reduce the risk of developing heart disease and certain types of cancer. Experts suggest we reduce total fat intake to about 30 percent of calories, limit saturated fat to 10 percent of calories, and decrease cholesterol to 300 milligrams per day.

Choosing low-fat foods is one way to decrease fat in our diets. That's why Betty Crocker® angel food cake mix makes nutrition sense! You can make tempting low-fat desserts, with 3 grams of fat or less per serving, using Betty Crocker angel food cake mix.

All desserts are tempting – but the desserts featured here let your temptations fit into your healthful eating plan! These desserts are so sensational, your friends and family won't believe they were created without all the extra fat, cholesterol and calories found in the other desserts they love.

Satisfy your desire for delicious desserts with Low-fat Temptations Angel Food Desserts!



LOW-FAT

Temptations

Angel Food Desserts



Candy Bar Angel Cake

- 1 package Betty Crocker 1-Step White angel food cake mix
- 1 cup skim milk
- 1 package (4-serving size) milk chocolate instant pudding and pie filling
- 2 cups frozen (thawed) light whipped topping
- 1 bar (1.4 ounces) chocolate-covered toffee candy, chopped

Bake and cool cake as directed on package for angel food pan. Remove from pan. Split cake horizontally to make 2 layers. (To split, mark side of cake with toothpicks and cut with long, serrated knife.)

Beat milk and pudding and pie filling (dry) in large bowl, using wire whisk or hand beater, until blended. Fold whipped topping into pudding mixture. Spread half of chocolate mixture between cake layers; spread remaining mixture over top. Refrigerate at least 1 hour. Just before serving, sprinkle chopped candy over top of cake. Refrigerate any remaining cake. 12 servings.

High Altitude (3500–6500 ft): Bake and cool cake as directed in high altitude directions on package for angel food pan.

(225 calories, 3 g fat, 2 g saturated fat, 2 mg cholesterol, 130 mg sodium per serving)



Chocolate Cake Roll with Marshmallow Filling

- 1 package Betty Crocker 1-Step White angel food cake mix
- 2 tablespoons cocoa
- 3 ounces light cream cheese (Neufchâtel), softened
- $\frac{1}{2}$ cup powdered sugar
- 1 teaspoon vanilla
- $\frac{1}{2}$ package (2.8-ounce size) whipped topping mix (1 envelope)
- $1\frac{1}{2}$ cups miniature marshmallows

Heat oven to 350°. Line bottom and sides of jelly roll pan, $15\frac{1}{2}$ x $10\frac{1}{2}$ x 1 inch, with waxed paper or foil. Prepare cake mix as directed on package—except stir cocoa into cake mix (dry). Spread half the batter (about 4 cups) in pan. Pour remaining batter into ungreased loaf pan, 9x5x3 inches. Bake jelly roll 15 to 20 minutes or until cracks back when touched in center; bake loaf 30 to 40 minutes or until cracks feel dry. Cool loaf as directed on package; freeze for future use. Cool jelly roll 10 minutes. Loosen sides from waxed paper; invert onto towel generously sprinkled with powdered sugar. Gently peel off waxed paper; trim off any stiff edges. While hot, carefully roll cake and towel from narrow end. Cool on wire rack.

Beat cream cheese, sugar and 1 teaspoon vanilla in large bowl. Prepare topping mix as directed on package; carefully fold into cream cheese mixture. Fold in marshmallows. Unroll cake; remove towel. Spread mixture over cake to within 1 inch of edges; roll up. To decorate if desired, sprinkle with powdered sugar. Place 1-inch strips of waxed paper over roll. Sprinkle cocoa over roll; remove paper. Refrigerate at least 4 hours. Drizzle chocolate-flavored syrup over each slice if desired. Refrigerate any remaining cake. 10 servings.

High Altitude (3500–6500 ft): Prepare cake mix as directed in high altitude directions on package—except stir cocoa into cake mix (dry).
(155 calories, 3 g fat, 2 g saturated fat, 5 mg cholesterol, 170 mg sodium per serving)



Cover Recipe:

Peaches 'n Cream Cake

Current Glaze (below)

- 1 package Betty Crocker's 1-Step White angel food cake mix
- ½ teaspoon ground cinnamon
- 3 cups frozen (thawed) light whipped topping
- 1 cup sliced peaches*

Prepare Current Glaze. Bake and cool cake as directed on package for angel food pan. Remove from pan. Fold cinnamon into whipped topping; spread on top and side of cake. Arrange peach slices on top. Stir glaze; spread over peaches and top of cake, allowing some to drizzle down side. Refrigerate any remaining cake. 12 servings.

*Canned (well drained), frozen (thawed and well drained) or fresh peaches can be used.

High Altitude (3500–6500 ft): Bake and cool cake as directed in high altitude directions on package for angel food pan.

Current Glaze

- ½ cup currant jelly
- 2 teaspoons cornstarch
- 1 tablespoon cold water

Heat jelly to boiling in saucepan. Mix cornstarch and water in small bowl; stir into jelly. Heat to boiling, stirring constantly. Boil and stir 1 minute. Cool completely. (220 calories, 2 g fat, 2 g saturated fat, 0 mg cholesterol, 210 mg sodium per serving)

Cookies 'n Cream Angel Cake

- 1 package Betty Crocker 1-Step White angel food cake mix
- 3 package Delicate® chocolate cookies, finely crushed
- 1 package Betty Crocker's fluffy white frosting mix or 1 tub Betty Crocker Creamy Deluxe® light vanilla ready-to-spread frosting

About 6 chocolate sandwich cookies, cut in half

Prepare cake mix as directed on package for angel food pan—except carefully fold crushed cookies into batter. Bake and cool as directed. Remove from pan. Prepare frosting mix as directed on package. Frost cake. Garnish with sandwich cookies. 12 servings.

High Altitude (over 3500 ft):

Not recommended.

(255 calories, 2 g fat, 1 g saturated fat, 2 mg cholesterol, 280 mg sodium per serving)

Strawberry Angel Dessert

- 1 package Betty Crocker 1-Step White angel food cake mix
- 1 cup boiling water
- 1 cup gelatin (4-serving size) strawberry flavored sugar-free gelatin
- ½ package (2.8-ounce size) whipped topping mix (1 envelope)
- ½ cup cold skim milk
- ½ teaspoon vanilla
- 1 container (6 ounces) strawberry low-fat yogurt
- 1 pint strawberries, sliced

Bake and cool cake as directed on package for angel food pan. Remove from pan. Cut cake vertically in half; freeze one half for future use. Tear other half into bite-size pieces (do not use dark brown top crust); set aside. Pour boiling water on gelatin in bowl; stir until gelatin is dissolved. Refrigerate 30 to 40 minutes or until thickened but not set.

Beat topping mix, milk and vanilla in small bowl on high speed 3 minutes or until thickened; transfer to large bowl. Stir in gelatin; beat on high speed 2 minutes or until light and fluffy. Fold in yogurt. Gently stir cake pieces into gelatin mixture; fold in strawberries. Spread in rectangular pan, 13x9x2 inches. Refrigerate at least 2 hours until firm. Refrigerate any remaining dessert. 12 servings.

High Altitude (3500–6500 ft): Bake and cool cake as directed in high altitude directions on package for angel food pan.

(200 calories, 2 g fat, 1 g saturated fat, 2 mg cholesterol, 210 mg sodium per serving)



Chocolate Angel Cake with Raspberry Sauce

Raspberry Sauce (below)

1 package Betty Crocker 1-Step White angel food cake mix

2 tablespoons cocoa

3 cups frozen (thawed) light whipped topping

Prepare Raspberry Sauce. Prepare cake mix as directed on package for angel food pan—except stir cocoa into cake mix (dry). Bake and cool as directed. Remove from pan. Split cake horizontally to make 3 layers. (To split, mark side of cake with toothpicks and cut with long, serrated knife.) Spread 1 cup whipped topping and scant $\frac{1}{2}$ cup Raspberry Sauce between each layer (sauce may not completely cover each layer). Spread remaining sauce over top of cake. Drop remaining whipped topping in dollops on top of sauce. Garnish with mint leaves if desired. Refrigerate any remaining cake, 12 servings.

High Altitude (3500–6500 ft): Prepare cake mix as directed in high altitude directions on package—except stir cocoa into cake mix (dry). Bake 40 to 50 min.

Raspberry Sauce

1 package (10 ounces) frozen raspberries in light syrup, thawed

$\frac{1}{2}$ cup sugar

2 tablespoons cornstarch

2 tablespoons orange juice

Drain raspberries, reserving liquid (add enough water to liquid to measure $\frac{1}{2}$ cup). Mix sugar and cornstarch in 1-quart saucepan; stir in raspberry liquid. Heat over medium heat, stirring constantly, until mixture thickens and boils; boil and stir 1 minute. Stir in orange juice and raspberries. Cool completely.

(210 calories, 2 g fat, 2 g saturated fat, 0 mg cholesterol, 200 mg sodium per serving)

Angel Macaroons

1 package Betty Crocker 1-Step White angel food cake mix

$\frac{1}{2}$ cup water

1 teaspoon almond extract

1 package (7 ounces) flaked coconut (about 2 cups)

1 tablespoon cocoa

Gaze (below)

Heat oven to 350°. Cover cookie sheet with cooking parchment paper or aluminum foil. Beat cake mix, water and almond extract in large bowl on low speed 30 seconds. Beat on medium speed 1 minute, scraping bowl occasionally. Fold in coconut. Drop half of the mixture by teaspoonfuls 3 inches apart onto paper. Bake 7 to 9 minutes or until edges are light golden brown. Cool completely on paper. Stir cocoa into remaining mixture. Bake and cool as directed above. Prepare Gaze; drizzle thinly over cookies. About 4 dozen cookies.

High Altitude (3500–6500 ft): Stir 2 tsp all-purpose flour into cake mix (dry). Beat on medium speed 3 min. Bake 9 to 11 min.

Gaze

1 tablespoon margarine or butter plus 1 teaspoon margarine or butter

1 tablespoon cocoa plus 1 teaspoon cocoa

1 tablespoon water plus 1 teaspoon water

$\frac{1}{2}$ cup powdered sugar

Heat margarine, cocoa and water in 1-quart saucepan over low heat, stirring constantly, until margarine is melted. Stir in powdered sugar.

(60 calories, 1 g fat, 1 g saturated fat, 0 mg cholesterol, 40 mg sodium per cookie)



Orange Angel Food Cake with choice of toppings

- 1 package Betty Crocker 1-Step White angel food cake mix
Orange juice
Apricot-Brandy Sauce (below) OR Yogurt Fruit Toss (below)

Prepare cake mix as directed on package for angel food pan—except substitute orange juice for the water. Bake and cool as directed. Remove from pan. Serve each slice of cake with about 1½ tablespoons Apricot-Brandy Sauce and, if desired, frozen yogurt or ice milk. OR about ½ cup Yogurt-Fruit Toss. 12 servings.

High Altitude (3500–6500 ft): Prepare cake mix as directed in high altitude directions on package—except substitute orange juice for the water.

Apricot-Brandy Sauce

- 1 cup apricot preserves
2 tablespoons corn syrup
1 tablespoon lemon juice
1 tablespoon brandy or orange juice

Mix preserves, corn syrup and lemon juice in 1-quart saucepan; heat over low heat, stirring constantly, until preserves are melted. Remove from heat; stir in brandy. Serve warm or cool.

Yogurt-Fruit Toss

- 2 containers (6 ounces each) orange low-fat yogurt
4 cups assorted fresh fruit pieces (such as blueberries, sliced bananas, cut up nectarines)
Toss yogurt and fruit in large bowl.

(235 calories, 1 g fat, 0 g saturated fat, 2 mg cholesterol, 210 mg sodium per serving)

Cherry-Almond Angel Cake

- 1 package Betty Crocker 1-Step White angel food cake mix
1½ teaspoons almond extract
¾ cup chopped maraschino cherries, well drained and 2 to 2½ tablespoons juice reserved for Glaze

Glaze (below)

Prepare cake mix as directed on package for angel food pan—except add almond extract with the water. Fold cherries carefully into batter; pour into pan. Bake and cool as directed. Remove from pan. Prepare Glaze; spread over top of cake, allowing some to drizzle down side. Garnish with whole cherries if desired. 12 servings.

High Altitude (3500–6500 ft): Prepare cake mix as directed in high altitude directions on package—except add almond extract with the water. Bake 41 to 51 min.

Glaze

- 2 tablespoons margarine or butter, melted
2 cups powdered sugar
2 to 2½ tablespoons reserved cherry juice

Stir together margarine and powdered sugar in medium bowl. Stir in cherry juice gradually until glaze is spreading consistency.

(245 calories, 2 g fat, 0 g saturated fat, 0 mg cholesterol, 210 mg sodium per serving)



Easy! Delishious! Honey-Pecan Angel Cake

- $\frac{1}{2}$ cup broken pecans
- 1 package Betty Crocker 1-Step White angel food cake mix
- $\frac{1}{2}$ package (2.8-ounce size) whipped topping mix (1 envelope)
- $\frac{1}{2}$ cup cold skim milk
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- 3 tablespoons honey

Heat oven to 350°. Bake pecans in ungreased baking pan about 10 minutes, stirring occasionally, until golden brown and toasted; cool. Finely chop pecans. Prepare cake mix as directed on package for angel food pan—except carefully fold pecans into batter. Bake and cool as directed. Remove from pan.

Prepare topping mix as directed on package—except use $\frac{1}{2}$ cup skim milk, and add cinnamon, nutmeg and honey the last minute of beating. Serve each slice of cake with about 3 tablespoons topping. Garnish with toasted pecan half if desired. Refrigerate any remaining topping. 12 servings.

High Altitude (over 3500 ft): Not recommended.
(210 calories, 3 g fat, 1 g saturated fat, 2 mg cholesterol, 200 mg sodium per serving)

Mint Marble Angel Food

- 1 package Betty Crocker 1-Step White angel food cake mix
 - $\frac{1}{2}$ teaspoon mint extract
 - 2 or 3 drops green food color
- Mint Glaze (below)

Prepare cake mix as directed on package for angel food pan—except add mint extract with the water. Pour half of the batter into another bowl; set aside. Beat food color into remaining batter on low speed about 5 seconds or just until blended. Alternately drop large spoonfuls of white and green batter into pan. Bake and cool as directed. Remove from pan.

Prepare Mint Glaze; spread over top of cake, allowing some to drizzle down side. Serve with nondairy frozen yogurt, and garnish with sliced spearmint gumdrop leaves if desired. 12 servings.

High Altitude (3500–6500 ft): Prepare cake mix as directed in high altitude directions on package—except add mint extract with the water. Bake as directed in high altitude directions on package for angel food pan.

Mint Glaze

- 3 tablespoons margarine or butter, melted
- $\frac{1}{2}$ teaspoon mint extract
- 3 cups powdered sugar

About 3 tablespoons hot water

Stir together margarine, mint extract and powdered sugar in medium bowl. Stir in water gradually until glaze is spreading consistency. If glaze is too thick, stir in hot water, a few drops at a time.

(290 calories, 3 g fat, <1 g saturated fat, 0 mg cholesterol, 220 mg sodium per serving)

